

**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**

RETIREE HANDBOOK

REVISED DECEMBER 2001

Greetings!

This handbook has been written specifically for retired members of the Public Employees Defined Benefit Retirement System (NDPERS) and Highway Patrol Retirement System (NDHPRS). Hopefully, you will find answers to most of your questions inside the following pages.

In keeping with the format of other NDPERS reference materials. We would like to encourage you to keep this and all other NDPERS information in a 3-ring binder, keeping the binder with your other important papers.

Please read this handbook carefully. We urge you to contact the staff at the retirement office for assistance if you have additional questions or comments. It is important that you understand your benefit package so you may take full advantage of the programs available to you.

Sincerely,

North Dakota Public Employees Retirement System's Staff & Board Members

INTRODUCTION

Information contained in this publication is intended to be general and does not offer a legal interpretation of retirement law. Statements contained in this handbook do not supersede or restrict the authority granted by the North Dakota Century Code, Administrative Code, or Retirement Board.

Material in this publication is current as of the 2001 session of the North Dakota legislature. This information is subject both to changes made by the legislature and rules and regulations established by the Board of the North Dakota Public Employees Retirement System.

WHEN CALLING THE NDPERS OFFICE:

While NDPERS staff makes every effort to take your calls and answer your questions immediately, it is not always possible to do so. In an effort to serve you more efficiently, a voice mail system has been implemented. If it is necessary for you to leave a voice mail message, please provide the following information: your name, social security number, and telephone number, and a brief explanation for your call. If NDPERS staff has this information at the outset, we are able to address your concerns more quickly and efficiently **the first time!**

To serve you better, we have implemented the use of benefit programs administrators. There are three of these individuals on staff and they are trained to assist you in any of the programs offered through NDPERS. The first letter of your last name will determine which specialist you will work with.

Remember all your benefit information is confidential. For your protection, staff cannot release benefit information to any party without first obtaining your written authorization or upon being subpoenaed. Although you may request information over the phone, only you may do so and only after you have provided the correct response to at least three of five criteria established by the NDPERS Board.

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IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, THIS DOCUMENT CAN BE PROVIDED IN ALTERNATE FORMATS. TO REQUEST AN ALTERNATE FORMAT, PLEASE CALL THE NDPERS ADA COORDINATOR AT (701) 328-3918 OR CALL TOLL-FREE AT 1-800-803-7377 IF YOU ARE OUTSIDE THE BISMARCK/MANDAN LOCAL CALLING AREA.

I. GOVERNING AUTHORITY

The North Dakota Public Employees Retirement Board is the governing authority of the Public Employees Retirement System (NDCC 54-52), the Highway Patrol Retirement System (NDCC 39-03.1), the Uniform Group Insurance Program (54-52.1), the Deferred Compensation Program (54-52.2), the Flex-Comp Program (54-52.3), and the Retiree Health Insurance Credit Program (54-52.1-03.2). The Board generally meets monthly and is composed of seven voting members who serve staggered terms.



Board Members are: Sandi Tabor, Howard G. Sage, Dr. Terry L. Dwelle, MD, MPHTM, Ron Leingang,
Chairman Jon E. Strinden, L. David Gunkel, Weldee Baetsch

A North Dakota citizen who is neither a state nor a school district employee is appointed by the Governor to serve as Chairman of the Board. A member of the Attorney General's legal staff and the State Health Officer are also appointed to serve on the Board. One member is elected by retired NDPERS members and the remaining three Board members are elected from active employees currently contributing to NDPERS.

All questions, comments, and correspondence can be directed to the following address:

**North Dakota Public Employees Retirement System
400 East Broadway, Suite 505
P.O. Box 1657
Bismarck, North Dakota 58502-1657
(701) 328-3900 - Telephone
(701) 328-3920 - Fax Number
Toll-Free - 1-800-803-7377**

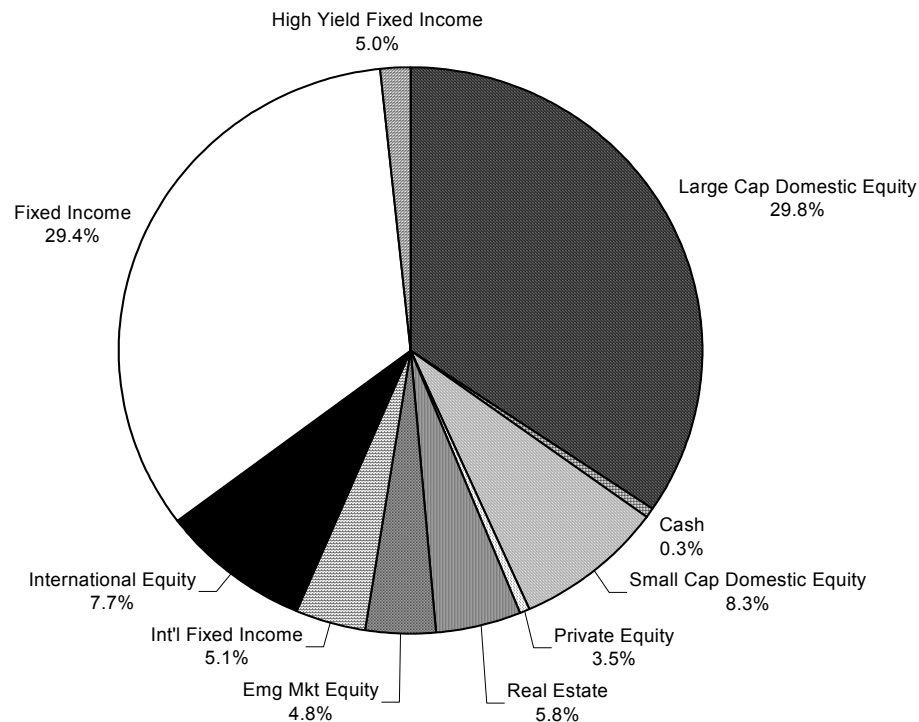
II. FUNDING YOUR PENSION

Your retirement program is funded using a method which accumulates assets in a reasonable and systematic manner for the purpose of paying future benefits. As a result, members of the North Dakota Highway Patrol Retirement System (NDHPRS) and the North Dakota Public Employees Retirement System (NDPERS) are assured there will be sufficient assets on hand to pay benefits throughout their retirement. The current funding method recognizes the projected cost of all future benefits which will be paid to members of the retirement system and allocates those costs uniformly over the working life of its members.

A. Investments

The State Investment Board maintains a diversified portfolio. The goal of the System is to maximize investment return under the "prudent investor rule". The System adheres to an asset allocation strategy that is set by the NDPERS Board which allows for investments in stocks, bonds, real estate, etc.

As of June 30, 2001, the System's investments were divided accordingly:

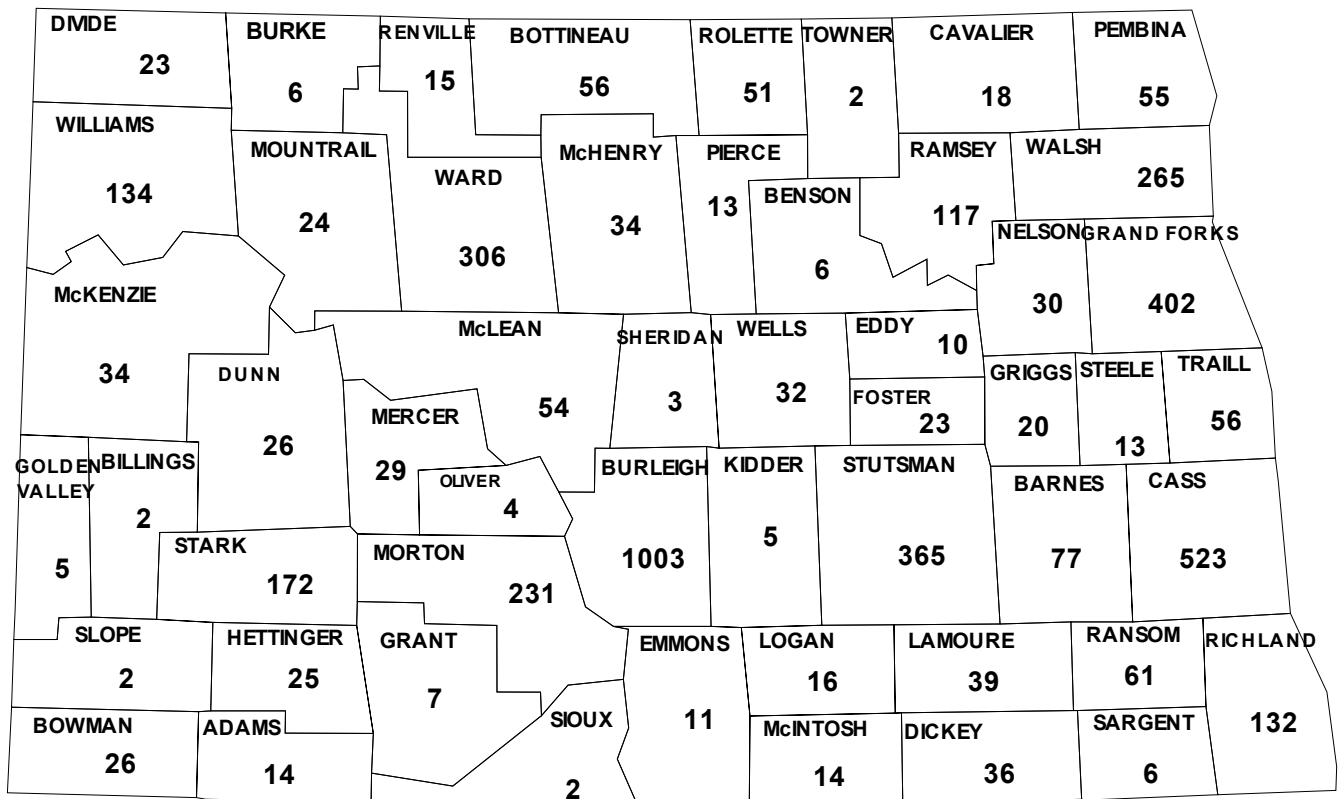


System investments are prudent, guaranteeing present and future obligations will be met.

B. Our Retired Membership

As of December 2001, approximately 5,303 retired members and beneficiaries were receiving monthly benefits from funds controlled by the NDPERS Board. Although some recipients reside outside the state, most remain in North Dakota, as you can see below.

NDPERS RETIREES DECEMBER 2001



OUT OF STATE - 668

TOTAL - 5,303

Based on the 2001 Actuarial Valuation:

Main System

- Average Monthly Benefit - \$693
- Average Age - 71.4 years

HP System

- Average Monthly Benefit - \$1,881
- Average Age - 66.4 Years

III. YOUR MONTHLY BENEFIT

When you retired and elected to begin drawing benefits, you chose which retirement option you wished to receive benefits under. As you probably know, no matter which benefit option you selected, your pension will pay you, the retired member, for as long as you live.

The benefit options differ in how they pay your beneficiary upon your death. The option selection you made upon retiring is irrevocable. The payment provisions are summarized below:

SINGLE LIFE RETIREMENT BENEFIT (Formerly known as the Normal Benefit)

There is no monthly income provision for beneficiaries under this option. Upon your death, your beneficiary(ies) will receive a lump sum payment of the remaining amount in your member account balance, if any.

There is no standard retiree health insurance credit available to surviving spouses under this payment provision, however an alternate retiree health credit option became available to annuitants who began receiving benefits on or after May 1, 1997 (pg. 19).

50% JOINT AND SURVIVOR

This benefit is only available to legally married couples and provides a lifetime benefit of 50% of your monthly benefit to your surviving spouse upon your death. In the event your spouse predeceases you, upon written notification and a copy of your spouse's death certificate, your monthly benefit will be adjusted back to your Single Life benefit amount.

This option provides your surviving spouse with the opportunity to use your retiree health insurance credit, provided he or she is covered under the NDPERS Group Health Insurance Plan (BCBS Dakota Plan).

100% JOINT AND SURVIVOR

This benefit is only available to legally married couples and provides a lifetime benefit of 100% of your monthly benefit to your surviving spouse upon your death. In the event your spouse predeceases you, upon written notification and a copy of your spouse's death certificate, your monthly benefit will be adjusted back to your Single Life benefit amount.

This option provides your surviving spouse with the opportunity to use your retiree health insurance credit, provided he or she is covered under the NDPERS Group Health Insurance Plan (BCBS Dakota Plan).

FIVE YEAR TERM CERTAIN

This option provides monthly payments to your beneficiary in the event you become deceased before receiving five years of benefits. Your beneficiary will receive the remainder of the five-year term of benefits. If you collect benefits longer than five years, there are no payments made to your beneficiary.

The standard retiree health insurance credit available to your surviving spouse under this option provides a benefit only for the period of time benefits are payable to your surviving spouse, provided your spouse is covered under the NDPERS Group Health Insurance (BCBS Dakota Plan). However, an alternate retiree health credit option became available to annuitants who began receiving benefits on or after May 1, 1997 (pg. 19).

TEN YEAR TERM CERTAIN

This option provides monthly payments to your beneficiary in the event you become deceased before receiving at least ten years of benefit payments. Your beneficiary will receive the remainder of the ten-year term of benefits. If you collect benefits longer than ten years, there are no payments made to your beneficiary.

The standard retiree health insurance credit available to your surviving spouse under this option provides a benefit only for the period of time benefits are payable to your surviving spouse, provided your spouse is covered under the NDPERS Group Health Insurance (BCBS Dakota Plan). However, an alternate retiree health credit option became available to annuitants who began receiving benefits on or after May 1, 1997 (pg. 19).

SOCIAL SECURITY LEVEL INCOME OPTION

There is no monthly income provision for your beneficiary(ies) under this option. Upon your death, your beneficiary(ies) will receive a lump sum payment of the remaining amount in your member account, if any.

There is no standard retiree health insurance credit available to surviving spouses under this payment option. However, an alternate retiree health credit option became available to annuitants who began receiving benefits on or after May 1, 1997 (pg. 19).

The following provides a breakdown of options elected by all retired members as of December 2001:



A. Post-Retirement Benefit Increases

Your retirement benefits are set by the legislature and do not provide an automatic cost of living adjustment (COLA). Historically, when the benefit multiplier has been increased by the legislature, a corresponding benefit increase for retirees has also been authorized. However, the legislature is not required to provide an increase for retirees. Therefore, it is to your benefit to actively participate in the legislative process and keep your legislators informed of your needs.

Any benefit increases granted become effective 90 days after the governor signs the bill, or August 1st, whichever date is later.

B. Military Service under the Uniformed Services Employment and Re-employment Rights Act (USERRA)

Federal law enables veterans to receive retirement credit for the time spent in active military duty. If you are a member of NDPERS and served time in the military, you may be eligible to purchase up to 48 months of active duty service credit for retirement purposes.

Special provisions under the Uniformed Services Employment and Re-employment Rights Act (USERRA) may apply if your covered employment under NDPERS was interrupted because you were drafted or you enlisted for active service in the Armed Forces of the United States. Eligibility and repayment schedules under these circumstances are established pursuant to USERRA requirements.

If you feel you may have military service which is eligible, please forward a legible photocopy of your DD214 discharge form to the Benefit Services Specialist.

IV. RECEIVING YOUR MONTHLY BENEFIT

Once you begin receiving your monthly benefit check, you may still have a few questions about your monthly payments. For your convenience, we have tried to address those questions in this section. Remember, with the exception of your first benefit check, your check is mailed or direct deposited on the first working day of the month and is payment for that month (see page 10 for Direct Deposit instructions.)

Optional Withholding From Your Benefit Check

You may elect to have a limited number of deductions withheld from your retirement benefits check. These deductions are as follows:

- ◆ NDPERS ING Dental Insurance
- ◆ NDPERS BCBS Dakota Plan Health Insurance
- ◆ NDPERS ING Basic Life Insurance
- ◆ Federal Income Tax
- ◆ ND State Income Tax
- ◆ ND retiree organizations member dues
 - Association of Former Public Employees
 - North Dakota Public Employees Association

You may elect to have any or all of the above deductions as long as your net benefit check is larger than \$10.00 after deductions. NDPERS health and life premiums will be automatically deducted if your benefit is large enough.

To have membership dues deducted from your check, you must fill out an authorization form and submit it to the NDPERS office. You may obtain an authorization form by writing to one of the following addresses:

<u>Association of Former Public Employees</u>	<u>North Dakota Public Employees Association</u>
P.O. Box 1141 Bismarck, ND 58502 (701) 224-1815	3333 E. Broadway Ave., Suite 1220 Bismarck, ND 58501 (701) 223-1964 or 1-800-472-2698

You may also set up payment for your insurance through an automatic monthly deduction from your bank account. Contact the NDPERS office to request an "Authorization for Automatic Premium Deduction" (SFN 50134) if you wish to do this.

Dental premiums must either be deducted from your check or automatically deducted from a checking or savings account. There is no billing option for the dental plan.

A. Direct Depositing Your Benefit

It is NDPERS policy that all annuity payments are required to be direct deposited. Arrangements can be made to deposit your monthly benefit payments directly into either a checking or savings account. This method of transferring funds is safe, secure, and used nationwide. Simply call or write to the NDPERS office to request an "Authorization for Direct Deposit for Annuity Payments SFN 18379". NDPERS cannot accept any other types of direct deposit forms.

When you receive the authorization, complete the top half and have your bank complete the bottom half for you, and return it to NDPERS. The first direct deposit occurs the month after the agreement form is received (if it is received before the 15th of the month). A sample of the "Authorization for Direct Deposit for Annuity Payments SFN 18379" form is shown below.

Each time you experience a change in your direct deposit (i.e. account number, location, etc.), you must complete a new "Authorization for Direct Deposit for Annuity Payments SFN 18379" and submit it to NDPERS.

There are many advantages of direct deposit. Here are just a few:

- ◆ Automatic deposit of your retirement benefit on the first working day of the month
- ◆ Deposit of your benefit when you are away from home or on vacation
- ◆ Eliminates the risk of stolen, lost or delayed benefits

B. Receiving Your Benefit By Mail

Checks are dated and mailed out on the first working day of each month. Please present your endorsed checks promptly for payment. If you have not received your benefit check by the 10th of the month, call (701) 328-3900 or toll-free at 1-800-803-7377 and ask for the **Retirement Accountant** for assistance.

Change Of Address Address changes must be received in writing including your Social Security Number and signature, by the 15th of the month to be effective for the next month's check. Simply send NDPERS your new address at:

ND Public Employees Retirement System
400 E. Bdwy., Suite 505
P.O. Box 1657
Bismarck, ND 58502-1657

For your convenience, two "Notice of Change" forms are provided in the back of this book on pages 29 and 30. (Always use your social security number when corresponding with NDPERS.)

C. Lost or Stolen Checks

Though rare, sometimes members do not receive their monthly benefits checks due to loss of the check in the mail. NDPERS' experience has shown if you haven't received your check within the first few business days of the month, it has simply been delayed in the mail and should arrive shortly.

In the event you do not receive your check by the 10th of the month, please contact the NDPERS office and report the lost check to our **Retirement Accountant**. A "stop payment" will be placed on your check and a new one will be issued after the 10th. Do not cash the original check, should it arrive after a "stop payment" has been ordered. Just return the original to the NDPERS office.

D. Confidentiality Policy

As of August 1, 1993, all records relating to the retirement benefits of members or beneficiaries are considered confidential and not public information.

It will be necessary for you to give your written permission to NDPERS if you wish to have information provided directly to anyone other than yourself. See page 21 regarding Power of Attorney information.

E. Notification of Death

Death Of A Member

If a member receiving benefits dies, please notify a Benefit Programs Administrator at the NDPERS office immediately. A telephone call will initiate the appropriate process. Upon receiving notice of a death, NDPERS will stop benefit payments to the deceased and contact the beneficiary(ies). To report a death, call (701) 328-3900 or toll free at 1-800-803-7377.

Death Of A Member's Spouse

In the event you are drawing your monthly benefit or Health Insurance Credit under the 100% or 50% Joint and Survivor Option and your spouse passes away, it is necessary to notify the NDPERS office. Please notify NDPERS of the death in writing, accompanied by a photocopy of your spouse's death certificate. Your Joint & Survivor benefit will be adjusted back to your Single Life benefit amount effective the month following receipt of the certificate of death.

F. Designation of Beneficiary

At the time you retired, NDPERS staff requested that you update your designations of beneficiary. Please be sure to keep your designations up-to-date. If you are married and have designated someone other than or in addition to your spouse as your primary beneficiary, your spouse's written consent is required. Please contact a NDPERS Member Service Representative to obtain forms to update or change your designations of beneficiary. Please specify what program you wish to update. A sample of the appropriate form for each program is shown below:

V. TAXES AND YOUR RETIREMENT BENEFITS

Your Benefit Is Mostly Taxable

The majority of your retirement income paid by NDPERS is reportable as taxable income for federal and state income tax purposes. If you retired after July 1, 1986, most likely a small portion of your benefit is non-taxable based on contributions you made to the System while you were working. When you retired you were provided with specific information regarding the taxability of your benefit. In most cases, once you have received the total amount of the contributions you paid in to NDPERS while you were working, your retirement benefit will become totally taxable.

Year-End Reporting

While you were working, you received a W-2 form from your employer reporting your salary for that year. As a retired member, you will receive a 1099R form from NDPERS to be used in preparing your income tax return. NDPERS will mail your 1099R form in January of each year.

Withholding Federal Tax From Your Retirement Benefit

When you retired, you were asked to complete a W-4P form to document your wishes regarding the withholding of federal income tax from your pension check. If you do not complete a W-4P form and return it to NDPERS, tax is withheld pursuant to IRS requirements. To request no withholding, a change in withholding, or an exact dollar amount of withholding, members must file a form W-4P (Withholding Certificate) or alternate form SFN 51506, with NDPERS. You may obtain the form W-4P at your local post office or request one from the NDPERS office. The alternate form, SFN 51506, is also available from NDPERS. Changes in tax withholding must be received in the NDPERS office by the 20th of the month to be effective for the next month's benefit payment.

Withholding ND State Tax From Your Retirement Benefit

North Dakota state tax is currently 21% of your federal tax liability and payable if you reside in North Dakota. NDPERS can only withhold 21% of the federal tax you elected to withhold from your monthly benefit check and cannot withhold state tax if you do not also have federal tax withheld. To request withholding of your state tax, please file form SFN 17629 or SFN 51506 with the NDPERS office. Changes or requests for tax withholding must be received by the 20th of the month to be effective for the next month's benefit payment. Only North Dakota state tax can be withheld.

VI. EARNINGS AFTER RETIREMENT

A retired member may receive a NDPERS or NDHPRS retirement benefit with no restrictions as long as he/she does not go back to work in "covered employment". Covered employment is working for a participating employer in a position as follows:

- ◆ Filling a permanent position that is regularly funded and not of limited duration.
- ◆ Working a minimum of 20 hours per week for five or more months of the year.
- ◆ Returning to work as a Highway Patrol

If you decide to go back to "covered employment" after you've retired and begun drawing benefits, please notify NDPERS prior to returning to work. Your monthly retirement benefits will be suspended until you retire again.

Upon retiring again, you may elect to have your additional service added to your past service credit and have your benefit recalculated. Or, you may take a refund of the additional contributions and resume your old retirement benefit.

Working And Receiving Social Security

With the exception of a disabled worker or an adult disabled child, all Social Security beneficiaries are subject to an earnings test up until age 65. Social Security sets a yearly limit on the amount of earnings you can have before your Social Security benefits will be affected. Keep in mind your NDPERS benefit does not count towards the earnings test.

If your income earned from working or from self-employment exceeds the yearly limit set by Social Security, you will lose a portion of your Social Security benefits. One dollar is withheld for every two dollars over the limit for all persons younger than age 65.

VII. INSURANCE AFTER YOU RETIRE

A. Health Insurance

Deciding what level of health insurance coverage to maintain after you retire is an important consideration. Investigate the possibilities before you make a decision and make sure your insurance needs are met and not duplicated.

Your Right As A NDPERS or NDHPRS Member Receiving Benefits

DAKOTA PLAN GROUP HEALTH INSURANCE

If you do not currently participate in the NDPERS Dakota Plan Group Health Plan, you must enroll within 31 days of any of the qualifying events:

- Commencement of your retirement benefit payment
- Your 65th birthday or becoming eligible for Medicare
- Your spouse's 65th birthday or becoming eligible for Medicare
- Loss of coverage in a health plan sponsored or provided by your employer or your spouse's employer, if you have coverage through your spouse's employer group plan. This includes loss of coverage due to the death or, or divorce from a spouse, as well as COBRA continuation coverage.

If you do not enroll within 31 days of any one of the above qualifying events, there is no further opportunity to enroll in the NDPERS Dakota Plan Group Health program.

The NDPERS Dakota Plan

The NDPERS group health insurance "Dakota Plan" provides coverage for over 22,404 active and retired public employees (as of December 2001) and their eligible dependents. The Dakota Plan is a major medical plan intended to share the cost of your health care and prescription drug expenses with you. Once you are covered under the Dakota Plan, you may continue coverage for the duration of your retirement years.

The NDPERS Dakota Retiree Plan

When you become eligible for Medicare parts A & B (age 65 or disabled for a minimum of 24 months), Medicare becomes your primary insurer, provided you are retired. This does not mean that you no longer need NDPERS health insurance coverage. It simply means Medicare will receive your health care bills first. After Medicare has paid it's portion of the bill, the Dakota Plan will pay on the remaining balance, minus any coinsurance and deductibles. The Dakota Plan is considered a "Medicare Carve-Out Plan", not a medicare supplement.

Important Notice: Dakota Plan subscribers must have both Part A & B of Medicare.

Voluntary Insurance Programs (VIPS)

Retired members, and surviving spouses who are receiving a monthly benefit from NDPERS or NDHPRS are eligible to enroll in the NDPERS Dental and Long Term Care Insurance Programs

B. Dental Insurance

The group dental plan is available to retired employees that are receiving a retirement benefit from NDPERS, TIAA-CREF, TFFR, or the Job Service Retirement Plan. This coverage allows you to choose your own dentist.

Beginning January 2002, retirees may elect to enroll in the dental plan during an annual enrollment period or within 31 days of a “qualifying event.” October 2002 will be the last annual open enrollment period. The “qualify events” are as follows:

- ✓ Date of retirement which is the last day of employment or date of first regular retirement check,
- ✓ Retiree’s 65th birthday or eligibility for Medicare,
- ✓ Retiree’s spouse’s 65th birthday or eligibility for Medicare,
- ✓ The last date of coverage due to death of, divorce from a spouse as well as the completion of COBRA continuation coverage,
- ✓ Marriage,
- ✓ Birth, adoption or legal guardianship

If you are eligible to enroll due to a qualifying event, please contact the NDPERS office to request an application form. Applications must be completed and returned by the 15th of the month prior to the effective date. Late applications must include a check payable to NDPERS for the first months’ premium. **Applications received outside 31 days of a “qualifying event” will not be accepted.**

C. Long Term Care

If you are enrolled in the Long Term Care (LTC) plan at the time of retirement, you may continue your coverage by completing an Election for Portable Coverage form. To obtain a form, contact the NDPERS office.

You and your spouse are eligible to enroll in the Long Term Care plan at any time. All applicants must be medically underwritten. Premiums are based on each individual's age at the time of application. The insurance carrier will bill you directly for the premium amount.

VIII. YOUR RETIREE HEALTH INSURANCE CREDITS

If you are a member receiving a monthly retirement benefit from NDPERS or the NDHPRS and are participating in the Dakota Health Plan, your monthly premium will be reduced by the amount of retiree health insurance credit you have. **The retiree health credit cannot be used to reduce voluntary insurance program premiums.**

This program provides you with up to \$4.50 for every year of retirement service credit, subject to reduction if you retired before attaining age 65 or meeting the Rule of 85 (Rule of 80 for the Highway Patrol Retirement System).

For instance, if you were 55 years old when you retired and had 30 years of credited service in the retirement system, you would have a health insurance credit of \$135.00 because you meet the Rule of 85. However, if you were 55 and had 29 years of service, your retiree health insurance credit would be \$56.12 (29 x \$4.50, reduced by 57% for early retirement).

NDPERS Reduction Tables

Age at Retirement	Reduction Factor
64 to 65	3%
63 to 64	9%
62 to 63	15%
61 to 62	21%
60 to 61	27%
59 to 60	33%
58 to 59	39%
57 to 58	45%
56 to 57	51%
55 to 56	57%

NDHPRS Reduction Tables

Age at Retirement	Reduction Factor
54 to 55	3%
53 to 54	9%
52 to 53	15%
51 to 52	21%
50 to 51	27%

At your death, your retiree health insurance credit can be transferred to your surviving spouse in some cases. Under the standard retiree health credit options, your surviving spouse is eligible to use your accrued retiree health credit for as long as he or she receives a monthly benefit and participates in the Dakota Plan. However, you may also choose an alternative option to the health credit option that is standard to your retirement benefit option. Specifically, if you elect to receive benefits under the Single Life, Level Social Security, or Term Certain options, you may also elect to provide an actuarially reduced health credit benefit to your surviving spouse. See the example provided on the next page.

Your retiree health insurance credit will be applied automatically when you retire and participate in the Dakota Plan. If a balance remains after your credit is applied to your health premium, it will either be deducted from your monthly benefit check, deducted from your bank account, or you will be sent a monthly bill.

RETIREE HEALTH CREDIT PROGRAM

RETIRING MARRIED MALE
AGE: 62
SPOUSE'S AGE: 60
SERVICE CREDIT: 20 YEARS

BENEFIT CALCULATION:

$$\begin{array}{rclclcl} \$4.50 & \times & 20 & \times & .85\% & = & \$76.50 \\ & & \text{Years} & & \text{Age} & & \text{Retiree} \\ & & \text{Service} & & \text{Reduction} & & \text{Health Credit} \end{array}$$

Standard Options (Surviving Spouse Benefit is based on retirement benefit option selected)

<u>Retirement Option</u>	<u>Health Credit</u>	<u>Health Credit</u>
Single Life:	member = \$76.50	surviving spouse = \$0
50% J & S:	member = \$76.50	surviving spouse = \$76.50
100% J & S:	member = \$76.50	surviving spouse = \$76.50
5 Yr Term:	member = \$76.50	surviving spouse = \$76.50*
10 Yr Term:	member = \$76.50	surviving spouse = \$76.50*
SSLI:	member = \$76.50	surviving spouse = \$0

*Surviving Spouse receives this amount only for as long as a monthly benefit is payable.

Alternative Options (Provides actuarially reduced benefit separate from retirement benefit option selected) Note: This provision was added by the 1997 Legislature and was only available to members retiring on or after May 1, 1997.

If you select any of the following retirement benefit options, **single life, Social Security Level Income, 5 year or 10 year term certain**, you may elect to provide a retiree health insurance credit for your spouse even though no retirement benefit is payable upon your death.

The following additional options would be available for the options listed in bold in the previous paragraph:

If 50% J & S option is selected for retiree health credit program:

member = \$70.52 spouse = \$35.26

If 100% J & S option is selected for retiree health credit program:

member = \$65.40 spouse = \$65.40

IX. DEFERRED COMPENSATION PLAN AFTER YOU RETIRE

After you terminate employment, your deferred compensation funds are available for distribution. Distribution can begin immediately or you may defer distribution to a future date. However, you must begin receiving a benefit no later than April 1 following the year in which you turn age 70-1/2.

NDPERS will send you a notice acknowledging termination and send a copy to your agent/provider company. You will be instructed to contact your provider representative to make arrangements for distribution of the account.

For further details about the deferred compensation program, please contact the NDPERS office.

X. DURABLE POWER OF ATTORNEY

Everyone, regardless of age, faces the possibility of being incapacitated. Planning for this possibility is very important to you and your family should you become unable to handle your own affairs.

A good step in planning is to have a current Durable Power of Attorney on file with NDPERS since the laws regarding Power of Attorney change from time to time. NDPERS has Durable Power of Attorney form available for you to use. It has two distinguishing features:

It allows a NDPERS member or his/her beneficiary to designate an attorney-in-fact to handle retirement system affairs such as filing applications, making benefit elections, designating beneficiaries, and endorsing checks; and

It contains a durable clause which allows the attorney-in-fact to work on retirement system matters on the member's behalf in the event the member becomes incapacitated, disabled, or is unavailable.

A Power of Attorney that does not have a durable clause terminates upon a member's incapacity, and as a result of that termination, it may be necessary for NDPERS to withhold the member's NDPERS benefits until a conservator is appointed by the courts.

While it is preferred that members use NDPERS' Durable Power of Attorney, because it contains a durable clause, NDPERS will also accept a General Power of Attorney without a durable clause. A General Power of Attorney or NDPERS' Durable Power of Attorney may be used for address changes, withholding tax elections, setting up direct deposit, or requesting information regarding benefit payments. However, NDPERS will only accept beneficiary designations or retirement option elections from representatives authorized to act under a Durable Power of Attorney.

In conclusion, having a Durable Power of Attorney on file at NDPERS assures that NDPERS will be able to handle your retirement benefits without interruption, and in accordance with your wishes, should you become unable to handle your own affairs. To obtain a NDPERS' Durable Power of Attorney, please contact the Retirement Division at (701)328-3900 or toll free at 1-800-803-PERS.

RESOURCES AND REFERENCES

ORGANIZATIONS:



AARP, 3200 E. Carson St, Lakewood CA 90712; Web Site: aarp.org



Financial Planning Association, 3801 E. Florida Ave, Suite 708, Denver CO 80210-2544, 1-800-322-4237; Web Site: icfp.org



National Foundation for Consumer Credit, 8611 2nd Ave, Suite 100, Silver Spring, MD 20910, (301) 589-5600; Web Site: nfcc.org



Social Security Administration, 1-800-772-1213; Web Site: ssa.gov



Administration on Aging, U.S. Department of Health & Human Services; Web Site: aoa.dhns.gov



Pension & Welfare Benefit Administration, U.S. Department of Labor; (202) 219-8776



National Council of Senior Citizens, 8403 Colesville Rd, Suite 1200, Silver Spring, MD, 20910-3314; (302) 578-8800; Web Site: ncscinc.org



National Association of Area Agencies on Aging, 1112 16 St, NW Suite 100, Washington, DC 20036; 1-800-677-1116



Green Thumb, Inc., 2206 East Broadway Ave, Bismarck ND 58501-4930; (701) 258-8879



Health Insurance Association of America (HIAA), 1025 Connecticut Ave, NW, Washington, D.C. 20036-3988



Health Care Financing Administration (Medicare), 7500 Security Blvd., Baltimore, M.D. 2144; (410) 786-3000; Web Site: hcfa.gov



North Dakota Department of Insurance, 600 Boulevard Ave E, 5th Floor, Bismarck ND 58504-0300; 1-800-247-0560, (701) 328-2440; Web Site: state.nd.us/ndins

PUBLICATIONS:



Senior Lifestyles. Bismarck: ADitude Cooperation; (701) 258-7630; Web Site: www.srlifestyles.com



Garner, Robert J. Ernst & Young's Personal Financial Planning Guide. New York: J. Wiley & Sons, 1995.



Morris, Kenneth M., The Wall Street Journal Guide to Planning Your Financial Future. New York: Lightbulb Press, 1995.



Sloane, Leonard, The New York Times Personal Finance Handbook. New York Times Books, New York 1995.



Lee, Alice & Fred, A Field Guide to Retirement. Doubleday, New York 1991.



Haynes, Marion E., From Work to Retirement: Making a Successful Transition.



Dickman, Lieberman, & Editors of Consumer Reports Books, How to Plan for a Secure Retirement.



Petras, Kathryn & Ross, The Only Retirement Guide You'll Ever Need: The Most Comprehensive Guide to Every Aspect of Retirement.



Cleary, David, & Virginia, Retire Smart. Allworth Press.



Caroline Bird, Second Careers: New Ways to Work After 50. Little, Brown, and Co, New York 1992.



Helen Hyman & Barbara Silverstone, Growing Older Together: A Couple's Guide to Understand and Coping with the Changes of Later Life. Pantheon, New York 1992.

LEGAL ISSUES:



Daly, Eugene J., Thy Will Be Done: A Guide to Wills, Estates, and Taxation for Older Persons. Buffalo, NY: Prometheus Books, 1990.



Myers, Teresa Schwab, How to Keep Control of Your Life After Sixty: A Guide for Your Legal, Medical, and Financial Well-Being. Lexington, MA 1989.



Sia Arnason, Ellen Rosezweiz, & Andrew Koski, The Legal Rights of the Elderly. Practicing Law Institute, New York 1995



Dennis Clifford, Michael Phillips, & Cora Jordon, Plan Your Estate: Absolutely Everything You Need to Protect Your Loved Ones. Nolo Press 1997

SOFTWARE:



Plan Ahead, Dow Jones



Quicken Financial Planner, Intuit















Retire Secure, Price Waterhouse



Rich and Retired, Data Tech

WEBSITES:

-  Social Security on-line. Request an estimate of future benefits, apply for new or replacement card, or get information on benefits programs. (ssa.gov)
-  American Savings Education Council. Find saving and retirement tools. (asec.org)
-  Life-Line. Find a glossary of insurance terms and an on-line calculator which figures life and disability insurance needs. (life-line.org)
-  Quicken Family Lawyer 7.0. Find 74 legally binding documents (wills, trusts, contracts, leases) to protect you and your family. Documents are customized by state and are valid in 49 states and D.C. (parsonstech.com)
-  The International Association for Financial Planning. (planningpaysoff.com)
-  Metlife Consumer Education Center. (metlife.com/lifeadvice)
-  Wells Fargo Visual Retirement Planner.
wellsfargo.com/retirement/howmuch/retirement_cal
-  Investor Guide Classic. Contents information and links information on 401(k)s, IRAs, Social Security, Estate Planning, Calculators, etc.
(investorguide.com/retirement)
-  National Senior Citizens Law Center. Covers legal issues that “affect the security and welfare of older person of limited income”. (nsclc.org)
-  SeniorLink. Provides access to “eldercare” professionals, programs, and activities. (senior.com)
-  Senior Law Home Page. Helps older persons, families, attorneys, and financial planners to access information about “elder law”, Medicare, Medicaid, estate planning, trust, and the rights of the elderly and disabled. (seniorlaw.com)
-  Health Care Financing Administration. A source for information about Medicare and

HEALTH & NUTRITION:



Arthritis Foundation. (arthritis.org)



American College of Rheumatology. (rheumatology.org)



Health Finder – The Federal Government’s Gateway to Health & Medical Information. (healthfinder.org)



Nathan Billing, MD, Growing Older and Wiser. Lexington Books, New York 1993



Jane Porcina, Ph.D., Growing Older, Getting Better: A Handbook for the Second Half of Life. Continuum, New York 1991



American Heart Association & Americana Cancer Society, Living Well, Staying Well. Big Health Reward from Small Lifestyle Changes. TimeBooks/Random House, New York 1996



Isodor Rossman, M.D., Looking Forward. E.P. Dutton, New York 1996

NOTICE OF CHANGE

EMPLOYEE/MEMBER

Name (Last, First, MI):	Social Security Number:
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NOTICE OF NAME CHANGE

Former Name:	New Name:
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Effective Date of Change:	Change in Marital Status: Married <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> Widowed <input type="checkbox"/>
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NOTICE OF ADDRESS CHANGE

New Address:	Former Address:
Address Line 1	Address Line 1
Address Line 2	Address Line 2
City State Zip Code +4	City State Zip Code +4

Effective Date of Change:

Member's Signature Required for Name/Address Changes:

Mail To:

North Dakota Public Employees Retirement System
PO Box 1657
Bismarck ND 58502-1657

NOTICE OF CHANGE

EMPLOYEE/MEMBER

Name (Last, First, MI):	Social Security Number:
--------------------------------	--------------------------------

NOTICE OF NAME CHANGE

Former Name:	New Name:
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Effective Date of Change:	Change in Marital Status: Married <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> Widowed <input type="checkbox"/>
----------------------------------	--

NOTICE OF ADDRESS CHANGE

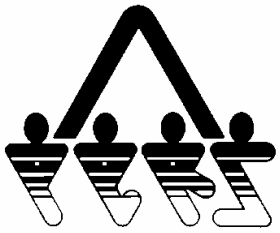
New Address:	Former Address:
Address Line 1	Address Line 1
Address Line 2	Address Line 2
City State Zip Code +4	City State Zip Code +4

Effective Date of Change:

Member's Signature Required for Name/Address Changes:

Mail To:

North Dakota Public Employees Retirement System
PO Box 1657
Bismarck ND 58502-1657



North Dakota Public Employees Retirement System
PO Box 1657
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